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**THURSDAY, SEPTEMBER 6, 2012**

**Official plan**  
Framework for the future  
Page 6

**Bonus boating**  
Season may be extended  
Page 12

**A great start**  
Kicking off football tryouts  
Page 13

**Redrawing wards**  
Niagara-only districts proposed  
Page 19

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# IN·PORT NEWS

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**HERITAGE:** Volunteers and vendors make memorable event

## Marshville Festival brings in families

ALLAN BENNER  
InPort News Staff

WAINFLEET — Thousands of people spent the long weekend immersed in history.

"It's exciting when it opens," said Margaret Robertson, chairwoman of the Marshville Heritage Society.

"It's a wonderful feeling to see everyone come in."

The Marshville Heritage Festival returned to the heritage village beside the Wainfleet Arena for its 24th year, thanks to an army of volunteers who pitched in to make the event a reality, as well as about 125 crafters and vendors selling

their merchandise to the crowds of people who browsed through historic displays.

Robertson was impressed with the three-day event.

"Attendance is amazingly high," Robertson said.

"You couldn't ask for anything better when you have good weather and lots of people."

She was also pleased to see families visiting the event together.

"There are lots of families and I like that. Lots of things you go to, people go separately. But this is totally family," she said.

see MARSHVILLE | Page 2



ALLAN BENNER Staff Photo

Vanessa and Connor Jackson stand at the front of a line of re-enactors participating in the Marshville Heritage Festival, during the Labour Day weekend.

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**NEW LISTING**  
**\$144,900**

## upfront

■ MARSHVILLE

## History revisited at annual festival

## Moulton station stops in Wainfleet

ALLAN BENNER  
InPort News Staff

WAINFLEET — A new addition to the Marshville Heritage Village this year could become a big attraction in years to come.

A train station was delivered at the historic village in mid-July — the first historic building to be added to the village since the Minor home was delivered a few years ago. The station was built in 1885 or so to serve the community of Moulton, a village near Dunnville.

"It's pretty rough inside," said volunteer Bob Owen.

He said the roof of the building had to be removed for the trip, and needs a great deal of work done before its doors can be opened to heritage village visitors.

Work is already underway to restore the building. Mark Shoalts spent his time during the festival in the Cabinet Maker's Shop, building a new door for the old building by hand.



The Moulton Train Station was recently added to the displays of heritage buildings at the Marshville Heritage Festival.

ALLAN BENNER Staff Photo

But the building needs a lot more work than that, added festival volunteer Bob Shoalts.

"Obviously, we'll restore the train station back to what it was in the 1880s," he said. And once it's restored, he said the committee plans to add a small train and tracks at the park, to put that old train station back in service.

"We're planning on having some type of display where

there's a locomotive engine or a jigger — you know the litter carts they used to ride around on," he said.

"Anyway, we'll have some type of a display like that." Organizers hope to have it done by next year, if they have time.

Shoalts said he's had his eyes on the building for years.

It was on a building for decades, and the building wasn't for sale.

But recently, after the property changed hands, the building was given to the heritage festival.

Shoalts said the building would have likely been demolished if the heritage committee hadn't taken it.

Another new building added this year is a small surveyor shed.

"It's small, but then again back in those days they were kind of small," he said.

FROM PAGE 1

Robertson attributes the success of the event to the people who chip in to make it happen.

"We've always had good volunteers. The same volunteers every year," he said. "We have a few new ones add on, but it's basically a core of volunteers."

When demonstrators are included, she said there are about 400 volunteers in total — "maybe even more than that."

But running one of the largest festivals in the region, as well as maintaining the heritage village, is a great deal of work.

"We still look for volunteers because we're getting older and people aren't doing as many shifts," she said. "Whereas sometimes, people would work every day, now they're working maybe one day or two. It makes a difference."

She said the average of the festival's core volunteers is about 70.

Younger people, she said, are interested in the event and "they'll help on the long weekend, but they don't have time for it."

"It's a problem," she said. "I don't think getting volunteers for a day is a problem. It's people to take over the lead-

## FESTIVAL HISTORY

• The festival began in 1989 with a single historic building in the village that now has 15.

• The event attracts about 30,000 visitors every year.

ership of the whole thing." In the meantime, she said the festival is still growing.

"With the people that we get here, the crowds that we get, it's not dying that's for sure," she said, adding the committee has set several goals for the upcoming 25th annual event such as completing the restoration of the Minor home, as well as the historic train station that was added to the village earlier this summer.

And considering the armloads of merchandise she saw festival visitors carrying around with them during the weekend, Robertson suspected the vendors were enjoying the festival as much as the guests.

"You can tell by what people are carrying around," she said. "People are going out the gate and coming back in to get something more. It's a marvelous day. It really is."

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# portraits

## Living history at Marshville



ALLAN BENNER Staff Photo  
Gigi Andrews fires a musket during the Marshville Heritage Festival in Wainfleet, Saturday.



ALLAN BENNER Staff Photo  
Glen Moore from the Heritage Woodcarvers works on his latest carving of two deer running through the woods during the Marshville Heritage Festival, Saturday.



ALLAN BENNER Staff Photo  
Juggler Craig Douglas entertains the crowds during the Marshville Heritage Festival.



ALLAN BENNER Staff Photo  
Tyler Warner, with horses Jade and Saphera, prepares to give Marshville Heritage Festival visitors a ride in his covered wagon, Saturday.



ALLAN BENNER Staff Photo  
Hunter Corcoran proof reads a calendar hot off the press being operated by Art Ellis at the Marshville Heritage Festival. The 1898 press printed the Thorold News for many years, before being added to the displays at the Wainfleet festival.



ALLAN BENNER Staff Photo  
Wendy Malowany, right, brands a souvenir for Chloe and Caleb Theriault during the Marshville Heritage Festival.

# INPORT NEWS

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## ourview

# No religion or atheism in schools

**P**ublic schools are not the place to indoctrinate young children on matters of religion.

They don't have the place to teach children there is a God, or there isn't, or, if there is a God, then whose God is the "right" God.

Parents are responsible for instructing their children on these matters.

Public school boards shouldn't be. That's why we see nothing good coming out of an upcoming Ontario Human Rights Tribunal to hear the case of a Grimsby, Ontario couple, who want the right to distribute a handbook on atheism, to Grade 5 students at their daughter's school.

Why? Because they object to the voluntary distribution of Gideon Bibles at the school, which is in the District School Board of Niagara.

But there's a far simpler and less expensive solution to this issue than a human rights hearing.

It's for the provincial government — which is responsible for education — to ban the distribution of all bibles or other holy books at public schools, along with all handbooks promoting atheism.

In this case, one called, Just Pretend: A Free Thought Book for Children and Losing Faith in Faith: From Preacher to Atheist.

The real issue is that public schools should not be ideological battlegrounds, nor should children be used as cannon fodder. In ideological wars fought by adults over whether there is a God or there isn't, or over which religion is "right" and which is "wrong," As Sun columnist Furzana Haseem noted Wednesday, if there are to be discussions about religion, or atheism, in public schools, they should occur at the high school level in the context of world religion and philosophy courses, where students are not being indoctrinated into any one faith, or lack of one, but taught to think critically about such issues.

Unfortunately, provincial politicians always run over when these controversies arise, arguing such decisions are best left to local school boards and principals.

First, that's nonsense. Second, it's a cop-out. In reality, the lack of clear rules from the provincial government on this issue has resulted in a hodge-podge of policies in schools around the province, some of which clearly favour certain religions over others.

It's time to put an end to it, once and for all.

## COLUMN

# Getting back to school

**L**adies and gentlemen, boys and girls, it's that time of year again. School has begun.

For some, it's time to overspend at Wal-Mart and rehearse the, "I'll be so much cooler and smarter this year than I was last year" speech (I never did that, by the way) and convincing yourself that you really will use all 374 crayons in that must-have Crayola pack with the built-in sharpener.

For others, last week was time to take one last summer bike ride around the Compass by Bridge 21 and jump into the disease-filled canal while flashing peace signs and uploading the pictures on Facebook via Instagram.

But for me, back to school is about saying goodbye. Again.

Those who have been following my column know that I took a gap year after high school and spent it learning how to live, speak, and eat like a true Italian in bella Roma.

My giallo-eating and cobstone walking days feel long gone, and are being replaced with a reading list consisting of 52 books and a roommate from Toronto.

I got into the only university I applied to last spring, which is a small school called the University of King's College, with a population just under 1,500 and affiliated with a much larger school called Dalhousie.

## COLUMN

# I've been thinking about health care

REV. THOMAS P. PARTH  
First Evangelical Lutheran Church

**A**s a pastor I'm called on to visit people in the hospital. Serving a congregation that tends to have many senior citizens than children you might expect that I make those kinds of visits frequently but that hasn't been the case very much. This summer has been a little different.

This summer a few members of our church have had surgeries and some have been in the hospital to be treated for injuries. I visit our members when I know they're in the hospital. Sometimes I only find out they've been hospitalized after they've come home. I can't know if nobody tells me.

I visit someone who is sick or hospitalized, has upcoming surgery or has had recent surgery. I spend some time with them. Sometimes people are just lonely, especially when they're stuck in the hospital for a long time. People may visit from time to time, but when they've got hour after hour and day after day to fill you still spend a lot of time alone. I'll none of my brief visits only put a slight dent in all of that alone time. But being there shows that someone cares, and I do care.

Another thing I do when I visit is pray. I don't just bring a prayer on people. I ask if they'd like me to pray. I've never been



**Michelle Pressé**  
SMALL TOWN GIRL,  
BIG IDEAS

University.

I am technically a "Dal" student, although those who attend King's are art students who harbour a strong sense of pride. It is the oldest chartered university in Canada, and it attracted me for a number of reasons.

Their outstanding Journalism program loved me in from the moment I first surfed their website, but my falling in love with King's also had something to do with the photographs of the winding paths and old brick buildings with ivy crawling up its sides.

They also have Harry Potteresque dinners once a month, where the Dean gives a speech and everyone must be in formal dress.

They aren't talking about a conservative dress or a pinstriped shirt with a tie.

They mean you must wear your King's cloak, which makes me want to cry my hair the night before, put on a fake British accent, and channel my inner Hermione.

The school is located in Halifax, a city

which I have never visited, but am dying to explore. While there are fantastic journalism programs available in Ontario, I don't think my travelling soul would be fulfilled by walking down streets I've already roamed with faces I've already seen.

I'm excited to study Journalism, pick people's brains, admire the multi-coloured leaves that fall off the maples, and breathe in that fresh saltwater-mixed-with-fresh-air scent.

I'm excited to get lost and swim in the ocean (not at the same time), I'm excited to learn how to sail and try lobster. I've never been in a fave seafood, but not trying a lobster tail in the Maritimes is like going to Paris and ignoring the Eiffel Tower.

While I'm excited about all of these things and more, I'm also sad about leaving home again. I will once again be kissing goodbye friends with tears in my eyes, pretending it's my allergies acting up (I don't actually have allergies, by the way).

I also have to say goodbye (for now) to a certain blue-eyed blonde who I've happily enjoyed the summer with.

There's a lot of mixed feelings and changes that are taking place in my life right now, and a lot of uncertainty.

Moving onto new things and places is scary, but if there's one lesson I've learned in life, it's that there's nothing more important than doing something that scares you.

turned down. Prayer reminds us that God is with us. As we invoke God's presence with us the place where we're gathered, whether two or three or more, it becomes a holy place, a worshipful place amid IV poles, oxygen tubes, and wheelchairs.

Something else I often do when I visit is share the Lord's Supper. As we share this simple meal of a wafer of bread and a sip of wine we share in the presence of Jesus himself, and in Holy Communion we are refreshed through the healing power of this gift of life. We are united with our sisters and brothers in the community of faith.

The prayers I mentioned above describe some of the spiritual benefits of prayer. But we also pray for something concrete. We pray for a person to be healed. Some people are afraid to pray for something concrete and specific because someone's faith may be threatened if they pray for something and the prayer isn't granted.

Do we pray only for possible, likely outcomes that are reasonable to hope for? Sorry, but that sounds kind of wimpy to me. I'm willing to pray that a person becomes well again, that the illness would leave them. It might not happen. We don't always get what we pray for. Prayer is not a vending machine where you punch the right button and the desired outcome is automatically given.

The church has a ministry of healing. We don't replace the gifts of God that come through the scientific and medical

community. One of the great gifts that God has given is that we are able to use our knowledge to provide medical care and to discover treatments and cures for certain illnesses and diseases. The church doesn't promise a cure either. We simply offer the gifts such as God's presence, God's promise of wholeness and peace, and God's love embodied in the community of faith.

While instantaneous and extraordinary cures aren't discredited, call the miracles, they do happen, but that's not the sole purpose or expectation of the church's ministry of healing. The methods, time-frame, and form of the Lord's healing are left to God's response and infinite wisdom. We simply respond to God's invitation to come to the cross of Jesus Christ, who is health and salvation for the whole world.

Finally, the reason "I've Been Thinking" about health care is because someone in my family recently had some surgery. I sent him requests for prayer and he prayed during that time. So many people replied that they'd been praying and I believe it helped, not only with the surgery and the patient but with the parents who were also living with stress and worry. The recovery is painful and I hope his prayers are still being lifted up. My thanks to everyone who has been holding us in prayer. God is good and God's will for us is health and wholeness and peace. May we all be held in the Lord's loving and healing arms.

## ■ I'VE BEEN THINKING

# "If it don't play in a cancer ward ..."

"If it don't play in a cancer ward, then, whatever it is, it ain't the gospel."

The late Carlyle Marney penned these memorable words after decades of serving as a Southern Baptist pastor. No doubt Marney was offering a corrective to the proclamation of a gospel (from some pulpits) that guaranteed automatic healing of every illness, success in every endeavour, a life filled with peak-to-peak experiences etc., if only one would choose to follow Jesus.

While the Scriptures make it perfectly clear that Jesus healed all who came to him suffering from every kind of illness (Matthew 4:23-24,

8:16, 9:35, 12:15) and gave his disciples authority to heal every disease and sickness (Matthew 10:1), the fact of the matter is that not all are healed.

While success is definitely promised by God (Psalm 1:1-3, Joshua 1:8, Proverbs 16:3) to those who meet certain conditions, experience tells us that the Christian faith is not a guarantee of automatic prosperity.

While people like Elijah seemed to move from miracle to miracle and pinnacle to pinnacle, especially in 1 Kings 18, we see the very same prophet wishing he were dead in the very next chapter. Canadian healing evangelist Bill Prankard once candidly



Jeewa Sam  
FAITH

admitted to being diagnosed with depression "even though I didn't believe in it"

My reporter friend Grant LaFleche was recently left at a loss for words (a very rare occurrence...lol) after interviewing Annette Bate, who was spending the last days of her life at Hospice Niagara. She made no bones about how her Christian faith had helped her cope with the ravages of ovarian cancer over the last three years of her life. Bate's obituary

reports that she "took her final breath and went home to be with the Lord. She is now wrapped in His perfect love for all eternity." In the months and days leading up to her death at the tender age of 52, friends, co-workers and family were deeply touched by how she focused on their well-being, not her own suffering. She modelled for them how one's faith can help a follower of Jesus face the process of dying and ultimately death.

As one who has witnessed many healing miracles in person (including one in my own body) over three decades of ordained ministry, I have never hesitated to pray for healing and a reversal of the

condition, no matter how critical it may be. However, when the healing did not manifest and it was pretty obvious that the sickness would end in death, many parishioners were grateful for the life they had been privileged to enjoy up to that point and savoured their remaining days with total trust in their Saviour who would be there for them in his "Father's house" (John 14:1)

Of course, these remarkable people were simply mirroring the example set by Jesus himself. When wrestling with the agony of facing his death, Jesus began by praying, "O My Father, if it is possible, let this cup pass from Me; nevertheless,

not as I will, but as You will." (Matthew 26:39) He was praying that he be spared the suffering. A little later, his prayer changed: "O My Father, if this cup cannot pass away from Me unless I drink it, Your will be done." (v. 42) By now Jesus had accepted the reality of his impending death and submitted himself to the will of his Father. His final words on the cross? "Father, into your hands I commit my spirit!"

The gospel (literally "good news") is that all things are possible for a follower of Jesus, including the healing of seemingly incurable diseases. It is equally true that "It does play in a cancer ward, and, yes, it is the gospel."

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# Port's official plan nearing completion

InPort News Staff

**PORT COLBORNE** — The lakeside city is hoping to have a new official plan by October.

A draft plan was presented in council chambers on Aug. 27 night during a special public meeting that allowed residents to share their thoughts.

Three residents made brief

comments about land designations and hamlet boundaries outlined in the document.

The city adopted its official plan in 2006, but upon submitting the document to regional and provincial governments learned several revisions were necessary to ensure the plan aligns with regional and provincial policy. City staff have

since been working to revise, update and improve the adopted official plan, which led to the creation of the new 2012 plan.

Two open houses have been held regarding the document thus far — one at city hall and one in Market square.

The official plan is expected to come before council for

adoption in September. It must then be approved at the regional level.

"We're hopeful the city will have a new official plan by October," said Dan Aquilina, the city's director of planning and development.

The draft plan is on the city's website, [www.portcolborne.ca](http://www.portcolborne.ca).



## PORT COLBORNE Youth BASKETBALL Registration 2012

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■ **HEALTH CARE:** Interprofessional pilot project 'tremendously successful'

# Remington contract extended to end of year

MARYANNE FIRTH  
InPort News Staff

PORT COLBORNE — Dr. Jeff Remington will continue to lead Port Colborne's interprofessional health-care pilot project until the end of the year.

During its meeting on Monday, Aug. 27, city council opted to extend the Port Colborne physician's contract, which expired at the end of July, through to the end of 2012.

The project, launched about a year ago, had the city join forces with several stakeholders, including the Michael G. DeGroote School of Medicine and the Local Health Integration Network, to engage physicians into providing ancillary health-care clinics within their model of practice, regardless of reimbursement model of care.

According to a report presented by city staff, the pilot project has been "tremendously successful," resulting in diabetes care alignment, a

new memory clinic funded by Pfizer to begin in September, and development of an asthma clinic funded by Astra-Zeneca to begin in December.

Also as a result of the project, there are now Community Care Access Centre case managers at every clinic in Port Colborne. This is the first partnership of its kind in the province in a non-family health team environment.

Council originally approved \$20,000 for the program development and trial.

The extension, recommended by staff to continue the success of the program, will cost the city \$6,000, to be taken from the medical and physician recruitment reserve.

The city is also in the process of applying for a Health Ministry-funded physician assistant. If approved, the assistant will work toward further rostering of patients by current physicians in practice.

maryanne.firth@sunmedia.ca  
Twitter: @mfirthTribune



Port Colborne physician Dr. Jeff Remington is flanked by senior medical students Alexander Melnyshyn, left, and Charlene Antony, who are in the lakeside city studying under Remington and Dr. Derek Rivers for the next few weeks.

MARYANNE FIRTH Staff Photo

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■ **ANIMAL CONTROL:** Alderman complains about lack of humane society service

# Wainfleet service gone to the dogs?

**ALLAN BENNER**  
InPort News Staff

**WAINFLEET** — Aldermen hope to meet with Welland and District Humane Society representatives to find out how much service the township can expect for what it's paying.

At a recent township council meeting, Ald. Richard Dykstra asked municipal staff to arrange a meeting with the humane society after hearing complaints from residents about the level of service they've received.

\*Some of the residents are feeling that maybe the

humane society is not doing the job (it) should be doing," he said.

For instance, he said "numerous people" have told him that recent animal control issues have been allowed to escalate due to inaction by the humane society.

Dykstra said he phoned the

humane society on a weekday at about 5 p.m. to report a stray dog.

"They asked me if I could bring it to them rather than have them come out because it was five o'clock and there were no officers available," he recalled.

Wainfleet chief admin-

Administrative officer Scott Luey said he will arrange a meeting with humane society representatives.

A spokesman for the humane society was unavailable Wednesday to respond to the alderman's complaints.

allan.benner@sunmedia.ca



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■ **SUGARLOAF MARINA:** May not close mid-October

# Port Colborne boaters may get extended season

InPort News Staff

**PORT COLBORNE** — Boaters may see an extended season.

City of Port Colborne staff will be keeping a watchful eye as fall approaches in hopes of potentially keeping the municipally-owned Sugarloaf

Marina open for business beyond its traditional mid-October closure.

Last fall, the marina closed for the season at its usual time, despite unseasonably warm temperatures still hitting the area. It was a move some boaters were not pleased with, Peter Senese,

the city's director of community and corporate services, told city council Monday night.

City staff will continually monitor the weather and water and work alongside marina staff to determine when closure will be appropriate this fall, he said.



DAVE JOHNSON Staff Photo

A rider takes in one last run at sunset at Niagara Boarder Pass, located at Sugarloaf Harbour Marina. The marina may stay open later this year if warm weather permits.



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## sports

■ **FOOTBALL:** Lakeshore team focuses on individual skills and fundamentals

## Gators off to a great start

SARAH FERGUSON  
InPort News Staff

**PORT COLBORNE** — Football requires a lot of hard work, dedication and a knowledge of the basic fundamentals

of the game.

With that in mind, tryouts for Lakeshore's football team kicked off workouts last week and although it's too early to tell, senior head coach Bernie Tessier thinks the Gators have

a "good" crop of Grade 9 students trying out for football that are committed to the game.

He said the team has had a "great start" to pre-season training with "a mix of juniors and seniors this year."

Many of the returning players have also kept in shape during the off-season, which, said Tessier, will be invaluable on the field during the Gators' first exhibition game against Bishop Tonnos Catholic Secondary School's football team on Friday, Sept. 7.

"Quite a few of the kids played football over the summer."

Tessier said he won't know how the Gators will perform in their first game until kickoff time.

"Every year is something different and you can never know what to expect until the first game is played."

The Gators have wasted no time getting back into the swing of things.

Each day of tryouts, the football players spend about an hour warming up their muscles with "dynamic stretching."

"The days of just sitting on the ground and stretching are over."

Dynamic stretching is different than just sitting on the ground and stretching leg, calf



SARAH FERGUSON Staff Photo

Lakeshore's football tryouts kicked off this week with more than 50 players sprinting onto the field.

and back muscles. It is a type of stretching that is done while a player is moving and includes jumping jacks, lunges and knee hugs.

Dynamic stretching is something the Gators have been doing for the past four years and it prepares the body for physical exertion and it increases range of movement, blood and oxygen flow, said Tessier, adding that injuries are a part of the game and can be avoided with a proper warm-up.

After a proper warm-up, Tessier said the team focuses on circuit training, cardio and movement skills which include throwing, catching, blocking and carrying the ball. Training will emphasize the importance of teamwork how to prepare for tackling.

A top priority is to focus on individual skills which will be done by breaking down the players into groups and performing drills for each position.

"We are learning which guys

can play each position," the new head coach said.

Each player will be tested to find the best position for them, whether it's quarterback, on the offensive or defensive lines.

Another important aspect of training is "chalk talk." When players view a chalk board to learn how to comprehend plays, they learn about system development and alignment of players on the field, said Tessier.

sarah.ferguson@suumedia.ca



SARAH FERGUSON Staff Photo

(Top) Lakeshore's football tryouts kicked off this week with more than 50 players sprinting on to the field. (Left) The Gators warmed up for their training by performing a series of dynamic stretches which are done while moving.

■ **FOOTBALL:** Lakeshore team under new guidance

## Gators coach up to the challenge

SARAH FERGUSON  
InPort News Staff

**PORT COLBORNE** — Lakeshore's senior team will begin the season under the guidance of a new leader.

Bernie Tessier, offensive co-ordinator of a Gators squad that finished a grand A division-leading 6-2 season last year has replaced Rocky DiPietro as head coach.

DiPietro, a Canadian Football League hall of famer, remains on the coaching staff in the final year of his teaching career.

Although the new coach has taken charge on the football field, he said the Gators will continue to work hard during the season and focus on improving basic skills.

Having worked under

the mentorship of DiPietro and other strong football coaches, Tessier said he feels up to the challenge of taking over Lakeshore's senior team.

"Every year is a learning year and every year is something different," Tessier said, adding that new coach or not, it will be business as usual on the field.

Tessier believes a change

in coaching staff will be good for the Gators during the upcoming season because it will bring a fresh perspective to the game.

"New is good, new is fresh," he said.

For Tessier, helping players to develop camaraderie and respect for both coaches and players is important because it will help them achieve success

on and off the field.

"Camaraderie is big. Respect between coaches and players is also very important," he said.

His coaching philosophy is that the players "are learning more than just football on the field."

It's also about encouraging players to become responsible, dedicated and confident individuals.



File photo

Bernie Tessier.



# Ask Our

## Pharmacists



LARRY BOGGIO  
A.P.H. & S.C. (Pharmacist)

### LOWER YOUR CHOLESTEROL THE NATURAL WAY!

Many patients come into the pharmacy and have questions about cholesterol and what they can do to decrease it. Whether they found out they have elevated cholesterol through routine blood work or have a family history of high cholesterol, patients are curious about natural ways of lowering their cholesterol.

There are two types of cholesterol: a "good" cholesterol (HDL) and "bad" cholesterol (LDL). For patients with high cholesterol, the goal of therapy is to increase the amount of HDL and decrease the amount of LDL. Approximately 80% of cholesterol is made by the body and only 20% comes from the food you eat.

Many commercials for food products such as cereals and margarine are advertising that they can help lower cholesterol. The goal of this article is to examine the evidence of the effectiveness of various natural health and food products on the market that claim to lower cholesterol.

Products that contain soluble fibres such as psyllium (ie. Metamucil) or oat bran are known as bile acid binders. These products increase the excretion of cholesterol from the body as well as increase the breakdown of cholesterol in the body to less harmful products. Between 10 and 30 grams of psyllium fibre daily mixed with other foods has been shown to have a significant cholesterol lowering effect.

Between 1.5 and 3 grams per day of Niacin (Vitamin B3) has been shown to lower bad cholesterol while increasing good cholesterol. In some patients, Niacin can cause skin flushing (redness of the skin) as well as itching. There are "flush-free" or "no flush" Niacin products available; however, their effectiveness has not been established.

Plant sterols and stanols often found in margarine labeled heart healthy (such as Becel Pro-activ) have been shown to prevent some of the absorption of cholesterol from the diet and can be included as part of a healthy diet high in fruits and vegetables to lower cholesterol.

Finally, some studies have shown that between 600 and 1200mg of garlic in three divided doses can lower the levels of cholesterol and triglycerides (fat) in the body. Unfortunately, some patients report bad breath as well as nausea and flatulence when taking this amount of garlic.

Patients who have been prescribed a cholesterol lowering medication called a "statin" such as Crestor (rosuvastatin) or Lipitor (atorvastatin) can consider taking Coenzyme Q10. Statins inhibit the synthesis of Coenzyme Q10, which may lead to muscle weakness and impaired energy metabolism.

If you have any questions about natural health products available to help lower your cholesterol, be sure to ask your physician or community pharmacist to see if those products are right for you.

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## inPortbriefs

## WEB LINK TO KIESS

The inaugural Operation What Are Friends For? golf tournament in support of Rick Kiess and his family takes place Sunday, Sept. 23, at Whiskey Run Golf Course in Port Colborne.

The self-employed Welland contractor was injured on the job in June and the tournament is meant to help his family financially as they move forward

during this difficult time.

To register for the tournament or to make a donation to the cause, visit [kiessadam.wix.com/rick](http://kiessadam.wix.com/rick).

## STUDENTS TO BE SAFER

The City of Welland is investing in the safety of school children.

Last week city council approved spending about \$57,000 on 24 solar-powered

flashing signs to warn motorists to watch for students crossing streets.

The flashing beacons, to be purchased from Trafco Canada Ltd., will be installed at various locations, including on Quaker Rd. between Montgomery and Kaywood Rds., on First Ave. between Cedar Park Dr. and Quaker Rd., on Thorold Rd. between Clare Ave. and Brimleywood Cres., on Lincoln St.

between Wallace Ave. and Golden Blvd., on Southworth St. between Sauer Ave. and Ontario Rds., and on Fifth St. between Willson Rd. and Aquador Dr.

Funding for the purchase was included in Welland's 2012 budget.

## DEAL FOR AIRPORT

NIAGARA-ON-THE-LAKE – Agreements have been reached between the Niagara District

Airport commission and Allied Services of Canada. Allied Aviation will provide fuel storage and supply and "into plane and de-icing service" at Niagara District Airport. Allied will also provide traditional operation services such as aircraft storage, passenger and pilot lounges, flight planning and passenger support.

The airport handles about 40,000 aircraft movements a

year, and Allied anticipates the growing popularity of the region will mean more flight activity at the airport.

The initial contract term is for five years, with options to extend the term for a total of 15 more years.

Niagara District opened in 1929 and later provided training services to the Royal Canadian Air Force during the Second World War.

## SPOTLIGHT on service



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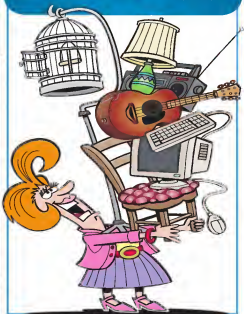
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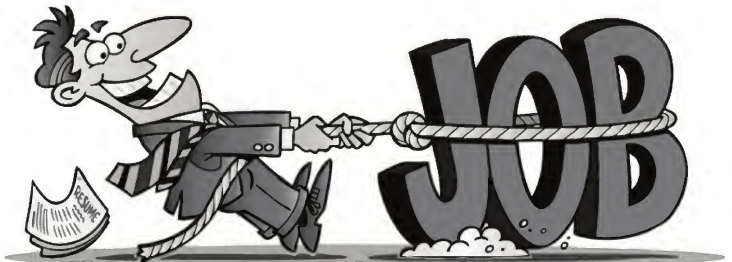
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## ELECTORAL DISTRICTS: Have your say

## Niagara-only wards good for region: MPs

WAYNE CAMPBELL  
InfoNet News Staff

WELLAND — Niagara's four MPs are taking proposed riding boundary changes in stride.

The Federal Electoral Boundaries Commission for Ontario is to redraw boundaries of three local ridings. The recommendations were made public Monday.

Dean Allison said he likes his riding's change. The Niagara West-Glanbrook Tory MP also called it an improvement for Niagara.

"I always felt Niagara warranted four full seats," he said Tuesday. "Right now it has three and three-quarters."

For his riding, the commission would change the name to Niagara West, drop Hamilton section, and add Thorold and southern St. Catharines — the latter two

now part of Welland riding. "For the people of Hamilton who found themselves in a Niagara riding, there was always a disconnect," Allison said.

Allison said he is familiar with the area around Brock University but, if he is nominated to run in the new riding, he would have to get to know Thorold.

"It's a natural extension from Pelham," he said.

Niagara West, would include Pelham, West Lincoln, Lincoln and Grimsby, now in Allison's riding.

Welland MP Malcolm Allison said he has just started looking at the change for his riding, which in addition to losing northern territory would add Fort Erie to Welland, Port Colborne and Wainfleet. He wants to hear what people in both areas have to say.

**For the people of Hamilton who found themselves in a Niagara riding, there was always a disconnect.**

Dean Allison

"This is just the start of a process," the New Democrat said of the proposal.

The commission would hold a hearing at Niagara Falls city hall on Monday, Oct. 29, at 1 p.m. The commission, which is also receiving written comments, makes its final report next year.

The New Democrat Allison, said four ridings entirely within Niagara will give the region a stronger

voice in Ottawa.

"We had five (in the 1990s) but that changed with the last census. This happens every 10 years," he said.

"It's a matter of communities of interest as well as population," Allison said about the composition of ridings.

St. Catharines MP Rick Dykstra is delighted with the boundary commission's recommendations.

"I must be the only MP in the country whose riding hasn't changed. Even the boundary folks know when to leave perfection alone," he quipped.

Under changes elsewhere, Niagara Falls MP

Rob Nicholson would see his riding lose Fort Erie, but while keeping Niagara Falls and Niagara-on-the-Lake. "While I would be disappointed if Fort Erie was no longer part of the Niagara Falls riding, the commission's work is ongoing," he

said.

"I encourage everyone to take the opportunity to voice their opinions on boundary changes during public hearings held by the independent commissions."

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■ The proposed new districts in the province include two each in Brampton, Durham, Markham and Toronto. Singles would be added in Cambridge, Hamilton, Mississauga, Oakville, Simcoe and York.

■ Electoral districts are assessed every 10 years following each major national census.



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## STOPS PAIN WITHIN DAYS!

**"It works! I'll take another two bottles please!"**

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of The Healthy Cupboard couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again," said Ian. Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there." Ian goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided." By now you are probably wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life

back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."



## LOSE THE PAIN

## LeafSource

# \$3.00 OFF

60's & 150's

The Healthy Cupboard

WITH COUPON EXPIRES SEPTEMBER 15<sup>th</sup>, 2012



**Tanya and Ian Birrell**  
Owners of  
The Healthy Cupboard

**NEW WEBSITE**  
**TWO LOCATIONS!**

**PORT COLBORNE**

101 CLARENCE STREET  
(across from Food Basics)

**905.835.9806**

**FONTHILL**

111 #20 EAST  
(Across from Galaxy)

The Healthy Cupboard

**905.892.9054**

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